



Winking Lizard Chicken Sandwich / Pizza Nutritional Information

(Nutritional information for sides, sauce, pickle are provided separately)

CHICKEN SANDWICHES	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
BBQ Chicken Club	659	211	23	8	0	155	1209	49	0	14	56
Bo-Man's Buffalo	819	342	38	11	0.33	100	4201	78	1	24	41
Bo-Man's Chicken Parmesan	965	459	51	37	0.33	120	2557	83	2	29	54
Bo-Man's Chicken Philly	821	355	40	23	0.33	150	1313	54	0	3	63
Bo-Man's Honey Club	1029	477	54	13	0.33	110	2771	89	1	27	44
Buffalo Chicken Sandwich	439	52	5.5	1	0	120	2694	38	0	4	48
Cajun Chicken Sandwich	521	130.5	13.5	15	0	172	1633	43	2	9	58
Cheddar Club	589	164.5	18.5	7	0	195	969	41	0	10	59
Jerk Chicken Sandwich	649	245.5	26.5	5	0	160	2825	43	0	11	51
Maui Maui	560	95.5	10.5	1	0	160	1840	59	0.5	26	53
Nashville Hot Chicken Sandwich	1194	634	70	21.8	0	262	3444	43	1	38	99
Plain Fowl	439	65.5	7	1	0	160	584	40	0	9	51
SPARE PARTS & SAUCES											
1 oz. Blue Cheese Dressing	170	160	18	3.5	0	15	180	1	0	1	1
1 oz. Ranch Dressing	120	120	14	2	0	5	270	1	0	0	0
2 oz. Mayonaise	400	396	44	8	0	16	260	4	0	0	0
Croissant	310	135	15	6	0	0	340	40	0	6	7
Lettuce	2.5	0	0	0	0	0	2	1	0	0	0
Onion	10	0	0	0	0	0	1	2	0	1	0
Pickle	5	0	0	0	0	0	31	1	0	0	0
Tomato	7	0	0	0	0	0	2	1	0	0	0
PIZZA											
Deluxe Pizza - Large	2370	1104	122	52	1	306	5798	257	30	40	36
Deluxe Pizza - Small	1185	552	61	26	0.5	153	2899	128	15	20	48
Pizza - Large	1600	564	62	30	0	134	3676	239	26	38	58
Pizza - Small	800	282	31	15	0	67	1838	119	13	19	29
Vegetarian Pizza - Large	1854	698	77	30	0	136	4282	259	30	40	62
Vegetarian Pizza - Small	927	349	38	15	0	68	2141	129	15	20	31
White Bread Pizza - Large	1748	743	82	35	0	137	3949	235	24	32	57
White Bread Pizza - Small	874	371	41	17.5	0	69	1975	117.5	12	16	28.5
PIZZA TOPPINGS											
Toppings are calculated for small pizzas and will need to be doubled when calculating for large pizzas											
Banana Peppers	5	0	0	0	0	0	280	1	1	0	0
Broccoli	15	0	0	0	0	0	15	3	1	0	1
Chicken Breast	210	30	3	0	0	120	180	0	0	0	42
Diced Bacon	157	121	13	9	0	56	697	2	0	2	9
Diced Green Peppers	25	0	0	0	0	0	0	6	2	0	1
Diced Onions	10	0	0	0	0	0	1	2	0	1	0
Diced Tomatoes	7	0	0	0	0	0	2	1	0	0	0
Ground Beef	699	516	57	23	0	161	523	3.5	0.75	0	40

Italian Sausage	200	153	17	6	0	50	560	1	0	0	11
Pepperoni	140	117	13	5	0.5	35	500	0	0	0	6
Pineapple	60	0	0	0	0	0	0	15	1	14	1
Sliced Black Olives	75	67	7.5	0	0	0	300	1	0	0	0
Sliced Jalapenos	30	0	0	0	0	0	630	6	0	3	0
Sliced Mushrooms	10	0	0	0	0	1	0	0	0	0	1
Spinach	2.5	0	0	0	0	0	12	0	0	0	0

The Dietary Guidelines for Americans recommend consuming less than 10 percent of calories per day from saturated fat and less than 2,300 milligrams per day of sodium for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption. Variations and substitutions will increase or decrease stated nutritional values. Nutritional information on this supplement is accurate as of the date of printing. Items listed may not be available at all locations.